



TO: ATHLETIC DIRECTORS
HEAD FOOTBALL COACHES

FROM: ROB WIGOD, ASSISTANT COMMISSIONER

**SUBJECT: PREPARATION FOR THE 2010 FOOTBALL SEASON -
AN UPDATE ON A NEW RULES CHANGE**

DATE: APRIL 30, 2010

As we continue to prepare for the 2010 football season, I wanted to make you aware of a significant rules change that was recently approved. This rules change will be effective July 1, 2010, in time for the upcoming season.

New Rule for 2010:

A proposal from the Football Coaches Advisory Committee to eliminate the three-day conditioning period for football from the maximum of 25 allowable practice opportunities prior to their first contest was approved at the C.I.F. Southern Section Council meeting on April 29, 2010. Simply stated, schools will still have a maximum of 25 practice opportunities prior to their first contest, using the same formula we have been using, and will still be required to have 3 days of conditioning immediately preceding their first day of full pads. However, unlike the past, those three days of conditioning will no longer count toward the 25 maximum practice opportunities allowed before the first contest. Here are some examples of how this rule will now apply...

- 1) Schools who schedule their Summer Dead Period early in the summer, which means that they will enter Fall Practice immediately after the conclusion of their summer program, or schools who have an ending date for their Summer Dead Period that is at least three days prior to their start date for Fall Practice, will have the option to allow their players to wear full pads on the first day of their Fall Practice.

In other words, you would still be required to have a minimum of three days to allow players to wear helmets, t-shirts and shorts only, prior to your first day of full pads, but those three days would no longer be part of your Fall Practice schedule of 25 maximum allowable practice opportunities prior to your first contest. You still would begin counting your practice opportunities on your first day of Fall Practice, but you would have the option, provided you had a minimum of three days of conditioning in helmets, t-shirts and shorts only, to don full pads on the first day of Fall Practice.

- 2) This change eliminates Rule 1903.7, which stated that the first official day players would be allowed to wear full pads was the fourth day of practice, as that would no longer be the case.
- 3) Schools who schedule their Summer Dead Period with the last day of the Summer Dead Period before the first day of Fall Practice, would still be required to have a minimum of three days of conditioning with helmets, t-shirts and shorts only, before allowing players to wear full pads, and those three days of practices would count toward the maximum of 25 allowable practice opportunities prior to your first contest.

I hope this information will be helpful to you as you continue your preparations for 2010.

If you have any questions, please do not hesitate to contact me. Best of luck to you.